

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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### A247 - TOMATOES, WHOLE, LOW-SODIUM, CANNED, #10

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better whole tomatoes, no salt added. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 102 oz (12¼ cups) whole tomatoes and juice OR about 66 oz drained whole tomatoes.</li> <li>One #10 can AP yields about 11⅜ cups heated, whole tomatoes and juice and provides about 45.5 ¼-cup servings heated whole tomatoes and juice OR about 48.8 ¼-cup servings unheated vegetable and juice.</li> <li>CN Crediting: ¼ cup tomatoes and juice (heated or unheated) OR ¼ cup drained tomato provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned tomatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of tomatoes covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> </ul>



### Nutrition Information

Tomatoes, packed in tomato juice

	¼ cup (60 g)	½ cup (120 g)
Calories	10	20
Protein	0.47 g	0.94 g
Carbohydrate	2.40 g	4.80 g
Dietary Fiber	0.6 g	1.2 g
Sugars	1.43 g	2.86 g
Total Fat	0.08 g	0.16 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.58 mg	1.16 mg
Calcium	19 mg	37 mg
Sodium	70 mg	140 mg
Magnesium	7 mg	13 mg
Potassium	113 mg	226 mg
Vitamin A	70 IU	140 IU
Vitamin A	4 RAE	7 RAE
Vitamin C	5.6 mg	11.2 mg
Vitamin E	0.41 mg	0.82 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Tomatoes can be used right from the can, chilled or at room temperature.</li> <li>• STOCKPOT OR STEAM-JACKETED KETTLE: Drain half the liquid in the can. Heat tomatoes and remaining liquid long enough to bring to serving temperature. Do not allow to boil.</li> <li>• STEAMER: Pour tomatoes into steamer pans. A 12" x 20" x 2 ½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lbs pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Canned tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, vegetables, rice, or main dishes. Combine tomatoes and green beans; flavor with chopped green pepper, garlic and chili powder.</li> <li>• Add flavor to canned tomatoes by using herbs and spices such as celery seed, cloves, oregano, sage, parsley, or basil. Add seasoned croutons to stewed tomatoes.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>